

ADAPTED AQUATICS

(All Ages)

This is a one-on-one 30 minute class where teaching techniques and skills are adapted to accommodate individuals with challenged abilities or others who have special needs for swimming instruction. Classes are available on a limited schedule. A medical history form and written permission from doctor is required. Parents consultation with instructor will be required for all minors. Cost is \$ 53.00 Please register by calling Kimberly at 235-8395.

JUNIOR LIFEGUARD PROGRAM

The Junior Lifeguard program is for swimmers age 11 – 14 who are interested in becoming lifeguards in the future. The program is held in two phases. Phase I will introduce swimming skills, general physical ability for lifeguarding responsibilities, and learning prevention and response techniques. Additional phases will include leadership and professionalism of lifeguarding and will include training with the City of Casper lifeguard staff, as well as some actual on-deck duties. Phase I must be completed to enroll in additional phases. Tomorrow's lifeguarding job begins today! (Minimum: 5, Maximum 12). *NOTE: There will be no class held on July 10, Parade Day. Parade Day makeup will be July 13th.*

Phase I

Monday – Thursday 8 classes Washington Park Main Pool

Fee: \$54.00 (includes books which will be used in additional phases)

June 18-28 8:45-10:00 am # **16470**

July 9–19 10:15–11:30 am # **16471**

Advanced Phase

Monday – Thursday 8 classes + guard time

Washington Park Main Pool

Fee: \$60.00 (includes City of Casper Junior Lifeguard T-shirt)

July 9-19 8:45-10:00 am # **16472**

July 30-August 9 10:15–11:30 am # **16557**

DIVING WORKSHOP

Dive right into summer fun! This class offers basic dives for the beginning diver. Students will learn to dive from a 1 meter diving board. Front, back, inward, and twist dives are offered. All class participants must have passed Level 4 or demonstrate proficiency in Level 4 skills. There will be no class on July 10, Parade Day. Parade Day make up class will be held on July 13th.

Monday – Thursday 10:20 - 11:00 am

July 9-19 # **16469**

July 30–Aug 9 # **16558**

Washington Park Main Pool

Fee: \$44.00

(Minimum: 4, Maximum: 8)